

The Advisor

Your information source for community activities on the South Shore



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Special Edition of The Advisor

The Advisor is typically a monthly list of activities and topics of interest for our community. But this month and for as long as the situation lasts, we will instead simply provide information and tools to help you get through this health crisis. Remember to follow directives from the Quebec Government and please stay at home. This is a small sacrifice we can all make right now to slow the pace of this disease. Stay home and save lives.

STAYING AT HOME MEANS SAVING LIVES

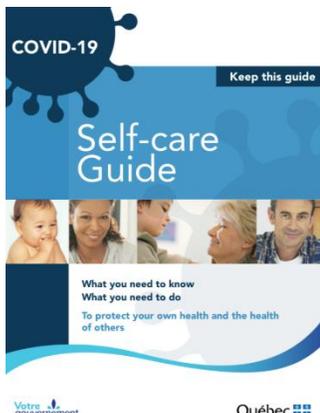


Quebec.ca/coronavirus

418/450/514/819 or
 1 877 644-4545

Votre gouvernement

Québec



This guide is designed to enable Quebecers to make the best possible decisions to protect their health and the health of their loved ones during the COVID-19 pandemic. More specifically, it indicates to them how best to protect themselves against COVID-19, take care of themselves and provide basic care to their family circle, and know where and when to consult if the need arises for care services. [Download the PDF of this document.](#)

In addition to this guide, there are others available on the [Government of Quebec website](#) including: [Stress, Anxiety and Depression Associated with COVID-19](#), [My Child is Worried About the Pandemic, What can I do to provide support](#), just to name a few. [Visit their website](#) on a regular basis to stay up to date.

If you are feeling
overwhelmed
and **tired** during this period
of social isolation, we may
be able to provide some
help

SUPPORT LINE



To all our reCharge members, ARC is offering a **FREE 30-minute support call with our social worker.**

This is simply a chance for you to talk in an open and non-judgmental environment with a professional who will listen and provide guidance if needed.

Details in summary:

- Duration: 30 minutes
- Wednesday and Thursday evenings from 7:00 p.m. to 9:00 p.m.

To make an appointment call or e-mail:

514-608-9600
arc.projectcoord@gmail.com



The initiative is funded by
l'Appui Montérégie



ARC
INVITES YOU TO OUR

Virtual Café



ARC is holding these sessions in order to connect people together so they can talk, exchange ideas and break isolation.

Every Tuesday and Thursday
from 2:00 p.m. to 2:30 p.m.

All you need is a computer, tablet or phone and an internet connection. We will e-mail the link after your registration. Nothing to download or set up.

Registration required by phone or e-mail to:

 **514-608-9600**

 **arc.projectcoord@gmail.com**

This initiative is made possible with funding from Canadian Heritage



Canadian
Heritage

Patrimoine
canadien

Things to Do During Social Isolation

- Just what you needed during this time of social isolation....**30 Virtual Field Trips!** Over 30 virtual trips with links to the San Diego Zoo, Mars, animal Cameras, The Louvre, The Great Wall of China and more! [Click on this link and virtually travel to another place.](#)
- For those who always wanted to experience their creative side but never had the time, there are many videos on YouTube on how to draw, paint with acrylics and watercolour, etc. Here is an example of [Learning to draw outline, edgings and shadings](#), [Why people think they can't draw from TedTalks](#) and [How to draw a house in one point perspective](#), just to name a few!
- List containing free resources, including virtual tours, online learning, geography and nature, music, arts and culture, literature, crafts, entertainment, prayer, anxiety and mental health. [Here is the full list.](#)
- Giant list of ideas for being home with kids for quarantine, school closures, weekend social distancing, anytime! [Here is the full list.](#)
- Educational companies are offering free subscriptions to Amazing Educational Resources during the school closures. Check it out at <http://www.amazingeducationalresources.com/>.
- Looking for something to do? Now would be the perfect time to take up that hobby you always thought about. Check out the link for some ideas. <https://hobbylark.com/misc/How-to-Choose-a-Hobby>. Visit [this website](#) on how to stay healthy and active while in quarantine.



How to Talk to Kids and Teens About COVID-19

Even if children and teens don't appear to be following the virus news carefully, it is likely that they are absorbing the information and stress from adults. They are hearing about it from friends and making their own inferences about what it all means. Rather than leave this education up to siblings, the media, or friends, you play an important role in helping children and teens better understand what's happening and help them manage their own related worries or anxiety. We can help our kids manage their stress and emotions as they live through this pandemic. Here are some tips for different age groups that can help... [View full version of the article on Psychology Today's website.](#)

Kids Help Line—direct support during Covid-19 pandemic

<https://kidshelpphone.ca/>

A lot of kids are dealing with anxiety and isolation, this can be a great support for them or parents.

Child and Adolescent Anxiety Clinic—online resources

<https://www.tehn.ca/programs-services/mental-health-addiction/child-adolescent-mental-health/child-adolescent-mental-0>

Scroll down to the resources section.

Article: How to strike a balance when talking to children about the coronavirus pandemic

<https://www.theglobeandmail.com/life/parenting/article-how-to-strike-a-balance-when-talking-to-children-about-the-coronavirus/>

Child Mind Institute—Coping During COVID-19: Resources for Parents

<https://childmind.org/>

American child psychology NGO.

Fun and Games

Sudoku

Solution available on the last page

7			8					5
	8		4	1	7			
						7		1
4	2		1					
3		7		9				
9		8				6	7	
					1	3		
	7		6	2		9		
	9			5		8		

The rules to play Sudoku are quite simple. Fill in the blanks so that each row, each column, and each of the nine 3 × 3 grids contains one instance of each of the numbers 1 through 9.

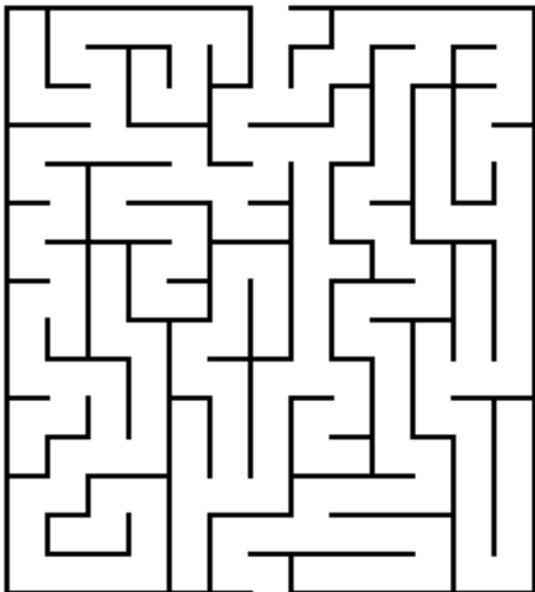
Source :

<http://www.puzzles.ca/sudoku.html>

Source : <http://www.puzzles.ca/sudoku.html>

Maze & Word Search

Can you find your way out?



Types of Food

T	C	B	U	R	G	E	R	S	L	M	A	H	S
N	A	S	O	O	H	O	T	D	O	G	O	S	D
O	S	F	A	H	D	N	U	T	N	T	O	D	C
O	S	S	G	F	R	U	I	T	I	T	S	D	N
D	E	P	G	S	G	O	D	T	O	H	A	K	S
L	R	E	N	N	I	D	V	T	N	I	A	D	L
E	O	G	S	E	C	O	I	D	A	E	D	V	L
S	L	H	A	R	B	F	K	D	T	L	O	L	O
A	E	E	L	A	A	U	C	S	A	O	O	D	R
N	G	T	A	F	R	D	T	E	R	I	F	A	P
U	U	T	D	U	S	A	I	T	R	R	T	H	O
T	K	I	H	I	I	S	C	S	E	E	S	L	O
O	K	R	O	P	T	M	O	L	H	R	A	A	N
R	G	R	A	V	Y	E	E	S	H	D	F	L	H

ONION
BURGERS
ROLLS
TV DINNER
STEAK
BUTTER
FAST FOOD
RADISH
CASSEROLE
TUNA
CEREAL
GRAVY
SALAD
HAM
FRUIT
SPAGHETTI
NOODLES
HOTDOGS
PORK
HOT DOG

Play this puzzle online at : <http://thewordsearch.com/puzzle/289/>

Spot the Difference

Can you find 12 differences between these two pictures?



Just for Fun

Ask your kids these questions and see what their answers are.

1. If you won a million dollars, what would you buy?
2. What does Mom always say to you?
3. What job would you like to do when you're big?
4. What is the capital of Canada?
5. Where do babies come from?
6. At what age do you become an adult?
7. If you could change one rule your family has, what would it be?
8. If you could be a superhero, what superpower would you have?
9. What would you do to save the planet?
10. If you could eat one thing for the rest of your life, what would it be?
11. How much does it cost to buy a house?
12. Why do you think we should be nice to other people?
13. What does love mean?
14. What are you scared of?
15. What is most important?



Update from the Cities of Longueuil, Brossard and St. Lambert

In light of the most recent measures put in place by the Quebec government and the Direction de la santé publique, the City of Longueuil has announced it is closing all playgrounds, sports fields, skate parks and dog parks effective immediately and until further notice. Parks will remain open for walking, but gatherings are prohibited. Visitors are reminded to keep two metres (6 feet) apart at all times.

Spring recreational activities cancelled

All cultural, recreational, sports and community activities scheduled for spring 2020 are cancelled. Reimbursement procedures will be provided shortly.

The second municipal tax payment for April is now postponed for Longueuil and Brossard. Please refer to your city's website for specific details.

Employment Insurance (EI) Benefits Should You Become Unemployed

Employment Insurance (EI) sickness benefits provide up to 15 weeks of income replacement and is available to eligible claimants who are unable to work because of illness, injury or quarantine, to allow them time to restore their health and return to work. Canadians quarantined can apply for Employment Insurance (EI) sickness benefits.

It is strongly encouraged that applications are completed online. The process starts here:

<https://www.canada.ca/en/services/benefits/ei/ei-regular-benefit.html>. Due to the large number of applicants, the system can become overloaded. Try again either late in the evening or early in the morning to avoid peak times.

If you have to go to a Service Canada office, please note that measures are in place to ensure the health and safety of those we serve and our employees. Upon arrival, you will be asked to wait outside of the office until we can safely serve you and you will be required to respect social distancing.

If you are able to access the service you require online or by mail, you will be asked to return home to do so.

Various information

- **Canada Revenue Agency (CRA) Filing Deadline Extensions**—In order to provide greater flexibility to Canadians who may be experiencing hardships during the COVID-19 outbreak, the Canada Revenue Agency will defer the filing due date for the 2019 tax returns of individuals, including certain trusts. For individuals the return filing due date will be deferred until June 1, 2020. However, the Agency encourages individuals who expect to receive benefits under the GSTC or the Canada Child Benefit not to delay the filing of their return to ensure their entitlements for the 2020-21 benefit year are properly determined.
- The South Shore **municipal buses** are now free and still running. However, you now must board by the back door. And note that most of the buses are running close to empty.
- **Disinfecting wipes** are being flushed down toilets and causing plumbing problems. These wipes, like baby wipes are not biodegradable and meant to be flushed, but rather throw in the trash.
- **Grocery shopping** can leave some feeling hesitant. Food safety and [all questions regarding grocery shopping answered on this website](#), including how to wash your produce and concerns about packaging.
- Some **pharmacies and grocery stores** are installing plexiglass to protect consumers and cashiers alike. Also, placing large markings on the floors to ensure social distancing is respected while standing in line.
- Also, some stores are increasing **credit and debit card limits** for tapping your card up to \$250. This will avoid you having to touch the keypad.
- Did you know that for as little as \$10.00, 30 meals can be distributed to those in need through the **Quebec Food Bank**? Donations help fight hunger in Quebec, especially during these challenging times. Check out their [website for complete information](#).

Being Safe and Maintaining Social (Physical) Distancing from Others—What is this exactly?

Maintain at least 2 metres (6 feet) distance between yourself, and especially if they are coughing or sneezing.

Why? When someone coughs or sneezes, they spray small liquid droplets from their nose or mouth which may contain virus. If you are too close, you can breathe in the droplets, including the COVID-19 virus if the person coughing has the disease.

Avoid touching eyes, nose and mouth

Why? Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth. From there, the virus can enter your body and can make you sick.

Practice respiratory hygiene

Make sure you, and the people around you, follow good respiratory hygiene. This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose the used tissue immediately and wash your hands.

Why? Droplets spread virus. By following good respiratory hygiene, you protect the people around you from viruses such as cold, flu and COVID-19.

If you have fever, cough and difficulty breathing, seek medical care early.

Stay home if you feel unwell. If you have a fever, cough and difficulty breathing, seek medical attention and call in advance. Follow the directions of your local health authority.

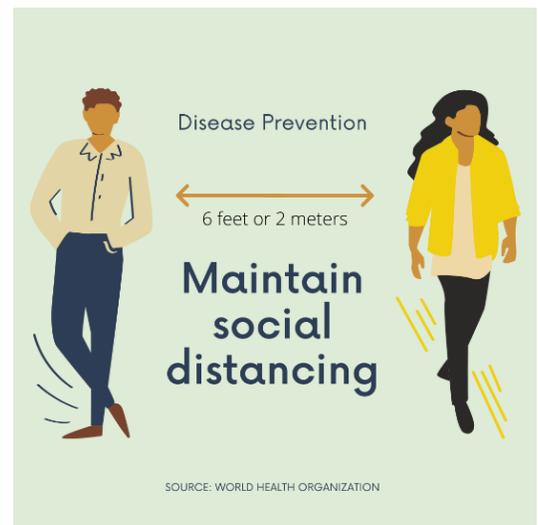
Why? National and local authorities will have the most up-to-date information on the situation in your area. Calling in advance will allow your healthcare provider to quickly direct you to the right health facility. This will also protect you and help prevent spread of viruses and other infections.

Stay informed and follow advice given by your healthcare provider

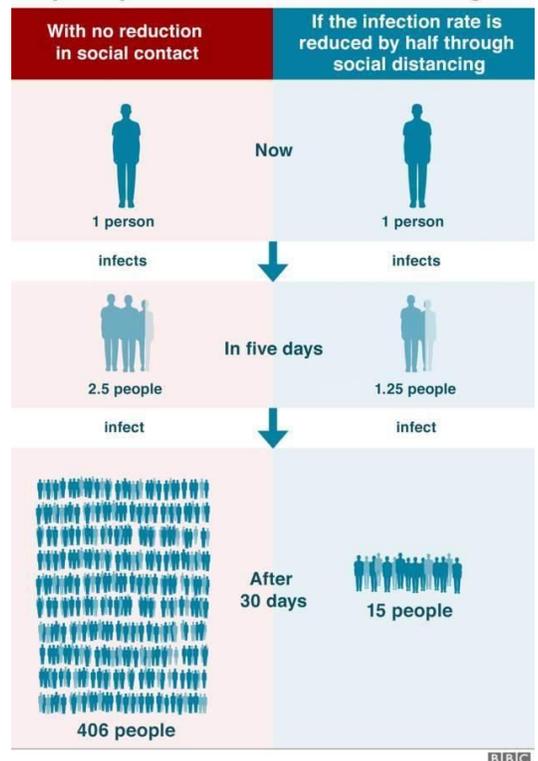
Stay informed on the latest developments about COVID-19. Follow advice given by your healthcare provider, your national and local public health authority or your employer on how to protect yourself and others from COVID-19.

Why? National and local authorities will have the most up-to-date information on whether COVID-19 is spreading in your area. They are best placed to advise on what people in your area should be doing to protect themselves.

For citizens returning from travelling—Voluntary isolation for 14 days is recommended for anyone returning from abroad on or after March 12, 2020. Returning travellers must be vigilant and monitor themselves for symptoms. [Download full document guideline.](#)



Why everyone should be social distancing



Some People Are Painting Rainbows

Excerpt from Psychology Today by Vikki Stark M.S.W., M.F.T.

Do you feel like a pioneer yet? Are you doing things you never thought you would do? Cutting your own hair, home schooling your kids, baking your own bread, making do with whatever you have in the pantry? This time is going to go down in history. Let's not miss the hidden gift.

Alice Sommers, the oldest living Holocaust survivor who died at 106 said, "Even the bad is good if you know where to look for it." Let's not be so focused on the bad that we miss the opportunity to experience the good. The universe has pressed the reset button. Mother Nature has sent us all to our rooms to think about what we are doing to this planet. Let's not skip that lesson.



[Read the full article](#)

 World Health Organization

Coping with stress during the 2019-nCoV outbreak

 It is normal to feel sad, stressed, confused, scared or angry during a crisis.

 Talking to people you trust can help. Contact your friends and family.

If you must stay at home, maintain a healthy lifestyle - including proper diet, sleep, exercise and social contacts with loved ones at home and by email and phone with other family and friends.



Don't use smoking, alcohol or other drugs to deal with your emotions.

 If you feel overwhelmed, talk to a health worker or counsellor. Have a plan, where to go to and how to seek help for physical and mental health needs if required.

Get the facts. Gather information that will help you accurately determine your risk so that you can take reasonable precautions. Find a credible source you can trust such as WHO website or, a local or state public health agency.

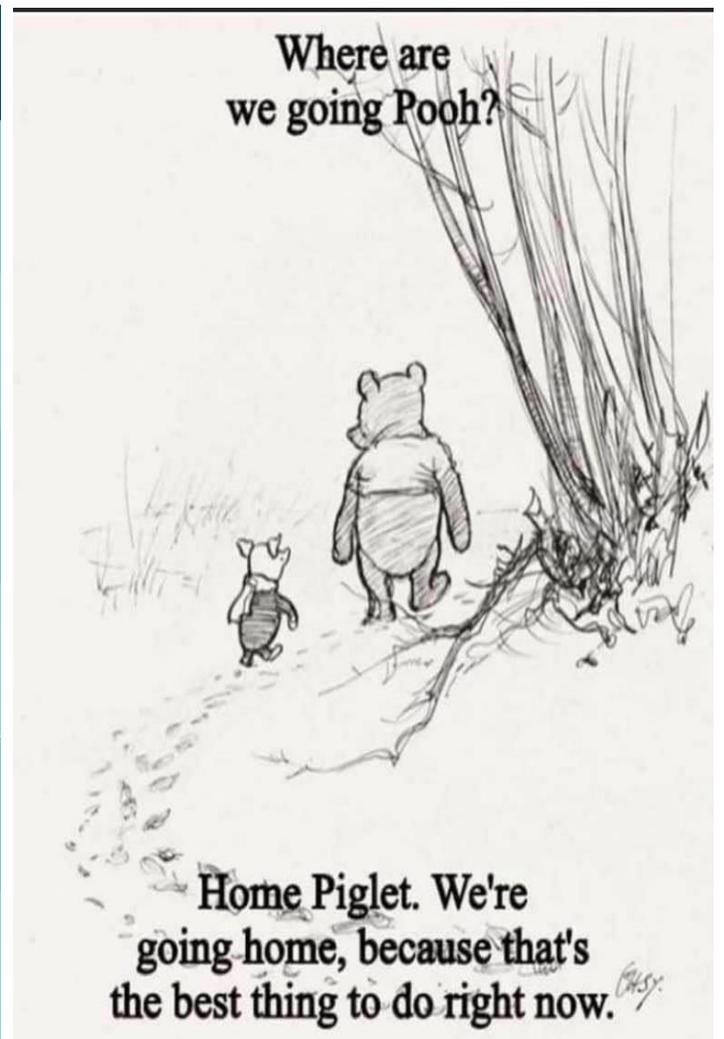


Limit worry and agitation by lessening the time you and your family spend watching or listening to media coverage that you perceive as upsetting.



Draw on skills you have used in the past that have helped you to manage previous life's adversities and use those skills to help you manage your emotions during the challenging time of this outbreak.





Food Services for Those in Need

The situation is ever evolving, and we will do our best to keep you informed. It's best to call ahead since many South Shore community services and programs have reduced their hours or closed.

There is a central number that can direct people in need to any food bank on **the South Shore**
450-641-2885

St. Paul's Frozen Meals still have meals as well as apple pies, tortiers, etc. available if anyone needs them. A healthy alternative to the supermarket. Please call either 450-678-2460 or 450-671-6000 for information or if you need a form.

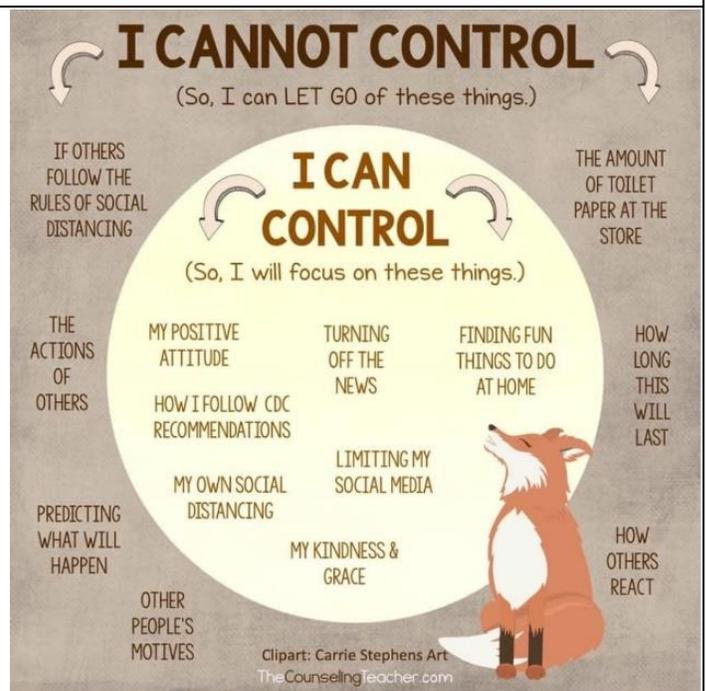
Volunteers from the **All for the Children** community organization are available to help seniors and those with other health issues pick up groceries and go to the pharmacy. They have a team of volunteers who are available to help in Greenfield Park, Brossard, St. Hubert and Lemoyne. Contact them at 438-938-6003.

The Salvation Army store on Taschereau Blvd. is now closed. For their Food Bank service call 450-466-4428 (appointment only).

H.O.P.E is still making food deliveries. For those in need call 450-693-0262.

Mission Nouvelle Génération (Food Bank) is taking important precautions to prevent the spread of the virus among customers, volunteers and employees. **Food distributions on Tuesday and Thursday are maintained.** They are an essential food service with never more than a hundred people in the building at the same time. All volunteers who are over 70 are being asked to stay home. (Additional younger volunteers are needed!). For information call 450-486-7667 or visit their website <https://missionnouvellegeneration.org/>.

In Brossard there is also **Maison International MESA** but you must call before. Tel 450-676-3712 Monday to Thursday 9:30 a.m. to 4:30 p.m. and Friday 9:30 a.m. to 1:00 p.m.



Sudoku puzzle solution

7	6	1	8	3	2	4	9	5
5	8	9	4	1	7	2	6	3
2	3	4	5	6	9	7	8	1
4	2	6	1	7	8	5	3	9
3	5	7	2	9	6	1	4	8
9	1	8	3	4	5	6	7	2
6	4	2	9	8	1	3	5	7
8	7	5	6	2	3	9	1	4
1	9	3	7	5	4	8	2	6



To be added to our contact list, please [email us](#) with your name, and if possible, the city in which you live.

We do not share our email contact list with third parties. You may [unsubscribe](#) at any time. And we invite you to share our publications with family and friends.

This initiative is funded by ARC Assistance and Referral Centre, with financial contribution from **Canadian Heritage.**

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